

August 17, 2005

## 5 A Day Challenge wraps up Aug. 24

The CHFS 5 A Day Challenge will wrap up Aug. 24 with a special celebration from 11:15 a.m.-1:30 p.m. at the CHR Building. Secretary Holsinger and Delanor Manson will kick off the event. The celebration will feature a cook-out, nutrition information and games including a bean bag toss and 5 A Day Jeopardy! Tickets for the cook-out are \$6 and may be purchased in advance from any of the cafeteria cashiers.



## 5 A Day Challenge update

Leaders in the 5 A Day Challenge for last week were:

### The Tootie Fruity Veggie Sisters

Team members are: Judy Montfort, captain; Shelley Adams, Vicki Barber and Rosalie Summers.

### Mulder's X-Files

Team members are: Donna Mulder, captain; Vicki Smith, Charlotte McGuire and Gloria Clark.

### 3 Has Beans and 1 Young Sprout

Team members are: Linda Piker, captain; Ora Ramsey, Julie Franklin and Jackie Neal.

Overall winners will be announced at the 5 A Day Challenge finale on Aug. 24 at the CHR Building cafeteria.

## DPH employee takes physical activity to a higher level

Department of Public Health employee Marvin Miller was among the most enthusiastic participants in the recent Get Moving CHFS! physical activity campaign. An avid trail runner, Miller is always looking for a new challenge and loves the thrill of pushing his personal best to ever higher levels.

Recently, Miller accepted his son Mark's invitation to accompany him to Vail, Colo., for the Teva Mountain Games where Mark was competing in the kayaking event. Besides enjoying a vacation from work, some quality time



with his son and the beauty of the Colorado Rockies, Miller was also eager to size up the competition in the Games' running events.

It wasn't until Miller arrived to pre-register that he realized he'd be competing in the 10K trail running national championship.

"If that wasn't enough to deter me, then I figured running up Vail Mountain at 9,500 ft. above sea level shouldn't stop me either," said Miller. "But what I really didn't bargain for was the snowfall before and during the race."

Miller said he was a long way from winning the race, but, with a smile, he's quick to qualify that: "I didn't come in last, either. I know it sounds crazy to many, but I had a great time that morning and I was looking forward to getting back here and sharing it with my friends."

Secretary Holsinger is proud of Miller and all the CHFS employees who are actively pursuing better personal health.

## Brooks offers idea for enjoying fresh pineapple

Are you looking for ideas to encourage your family to eat more fresh fruit or new ways to enjoy the fruit you already love? Julie Brooks of CHFS Disability Determination Services suggests chilling out.



Fresh pineapple can be blended in a food processor or blender and frozen," she said. "I love ice cream and it can be made as a fat-free, low-calorie alternative to dairy ice cream."

Brooks purees half the fruit from a fresh pineapple and pours the pureed pineapple into popsicle molds. "Once frozen, it's like eating a fresh fruit bar without the additives," Brooks said. "My son enjoys it, too."

Brooks wanted to share this fresh fruit recipe to help out others who are trying to meet their 5 A Day fruit and vegetable goals.

*Watch future issues of Focus on Wellness for more great ideas, recipes and suggestions from CHFS 5 A Day Challenge participants.*

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## CHFS FOCUS on Wellness

### Fruit and Vegetable Find winners announced

The winners of the Fruit and Vegetable Find contest are Jane Corder, Debbie Salleng, Sincere Holmes and Betty Murphy. As prizes, these ladies will receive either an insulated lunch bag or a special storage container designed to keep fruits and vegetables fresh longer.



Congratulations to the winners and thanks to all who participated in this event.

### Non-smokers and Lung Cancer

*By Jill Pfankuch*

Despite recent media coverage of Dana Reeve's battle with lung cancer, cases of lung cancer in non-smokers are relatively rare. In fact, smoking causes more than eight out of 10 cases of lung cancer. The risk for lung cancer in smokers depends on how long and how many cigarettes a day a person has smoked. Moreover, people who don't smoke, but are exposed to second-hand smoke, can have as much as a 30 percent greater risk of lung cancer than those not regularly exposed.



How, then, does a non-smoker develop lung cancer? One factor that increases the risk of lung cancer is exposure to harmful environmental substances. Asbestos, which is now only rarely used in workplace and home products, can increase the risk of lung cancer. Although asbestos is still present in some buildings, it is believed to be safe as long as it's not released into the air. Another environmental hazard is radon, which is a radioactive gas that can't be seen, tasted or smelled. Some parts of the country have higher than normal radon levels in the soil. When radon becomes concentrated indoors, it poses an increased risk of lung cancer, especially among smokers. More information on radon in Kentucky can be found at <http://chfs.ky.gov/dph/info/phps/radongas.htm>.

Personal and family history of lung cancer also increase the risk of developing lung cancer. Siblings and children of people who have had lung cancer have a slightly higher risk themselves. Those who have had lung cancer have a higher risk of getting another lung cancer. Other factors that may influence one's risk of lung cancer include a history of tuberculosis or some types of pneumonia, a diet low in fruits and vegetables and exposure to air pollution. More people die of lung cancer than colon, breast and prostate cancers combined. Additionally, about six out of

10 people die of lung cancer within one year of diagnosis and seven or eight people out of every 10 will die within two years of a lung cancer diagnosis. There is no recommended method to detect early cases of lung cancer and it frequently spreads beyond the lungs before it causes any symptoms. If you have any of the symptoms listed below, you should report them to your doctor right away. In the meantime, remember that the best way to avoid dying from lung cancer is to stop smoking.

### Signs and Symptoms of Lung Cancer

- Cough that doesn't go away
- Chest pain, often made worse by deep breathing
- Hoarseness
- Weight loss and loss of appetite
- Bloody or rust-colored saliva or phlegm
- Shortness of breath
- Recurring infections such as bronchitis and pneumonia

For more information on lung cancer, visit the American Cancer Society's Web site at [www.cancer.org](http://www.cancer.org).

### Wellness Program Wants to Hear From You

Be on the look out for the CHFS Employee Wellness Interest Survey.

In the next few weeks, the CHFS Wellness Program will be asking CHFS employees in the CHR complex to complete this survey to help assess basic health information, the level of interest in different employee wellness programs and how best to deliver health messages at the worksite. All information provided will be completely anonymous.

The survey is an opportunity for CHFS employees to voice their opinions on what they'd like to see in the way of health and wellness programming and what they believe would help motivate them to participate in employee health and wellness activities, said Jill Pfankuch, CHFS wellness and health promotion coordinator. "I hope Frankfort-based CHFS employees will take advantage of this opportunity to offer their ideas to help support the continued development of the CHFS wellness program," Pfankuch said.

For more information on the CHFS Employee Wellness Program, please contact Jill Pfankuch at [jill.pfankuch@ky.gov](mailto:jill.pfankuch@ky.gov).

